

**TG 250**  
**Readiness**  
**thru**  
**Hearing**  
**Conservation**



U.S. Army Center for Health Promotion and Preventive Medicine

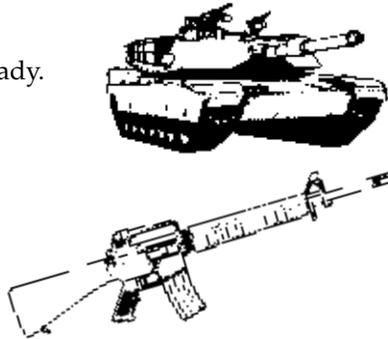
# NOISE AND HEARING LOSS

What is noise?

- Any disturbing, harmful, or unwanted sound.
- The most common hazard in the workplace or during training.
- The primary cause of hearing loss in the Army.

What are the different types of noise?

- Noise can be continuous or steady. Examples include power tools, vehicles and aircraft.
- Noise can also be impulsive (banging). Examples include weapons fire and certain industrial machinery.



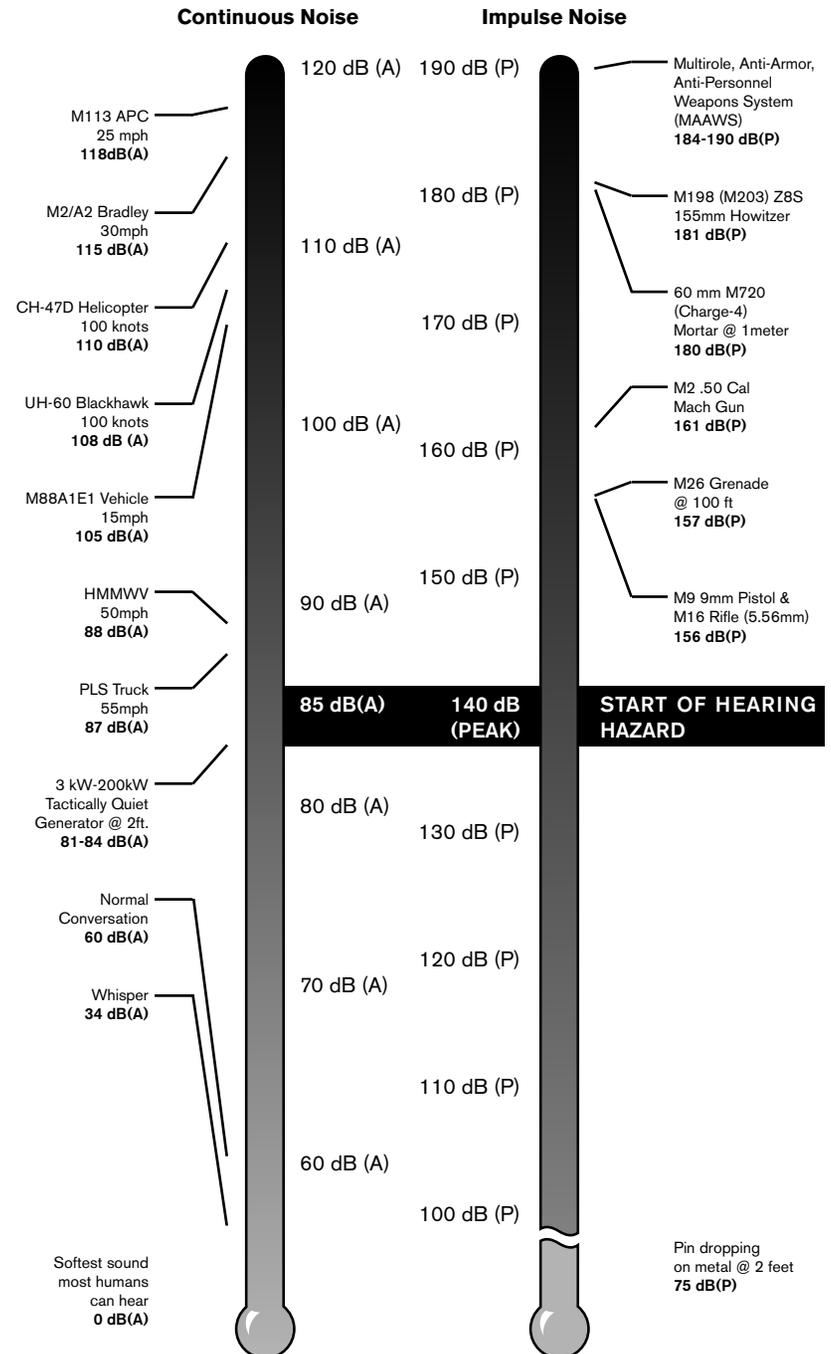
Will noise toughen your ears?

- No! Noise destroys your ability to hear and to understand speech.
- Over 10 percent of Army personnel develop significant hearing loss caused by noise, when hearing protection is **not** worn.

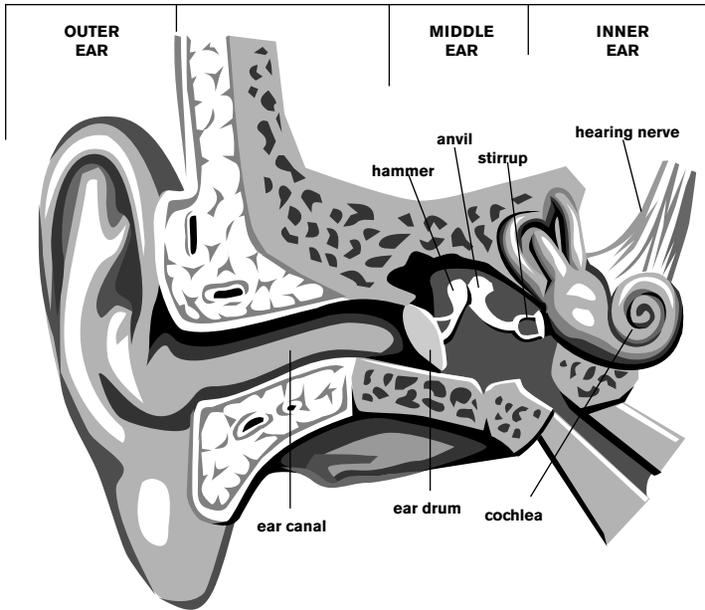
When and where can noise impair your hearing?

- During any weapon firing.
- Noise can damage your hearing at work, at home and during recreational activities.
- Considered hazardous, if you have to raise your voice to be heard within 1 meter.
- Noise in combination with some chemical exposures can increase

# DECIBEL THERMOMETERS



# HOW THE EAR WORKS



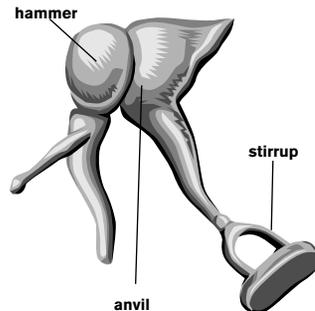
*Your ear is divided into three parts.*

## OUTER EAR

The outer ear directs sound waves into the ear canal to the eardrum. The eardrum vibrates and sets into motion part of the middle ear.

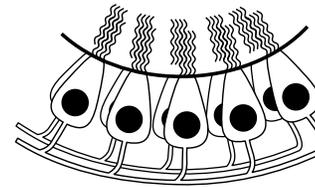
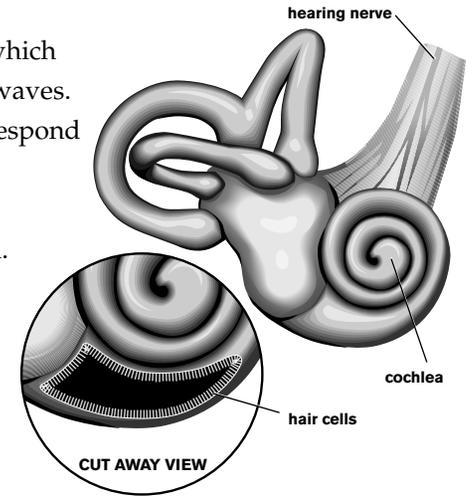
## MIDDLE EAR

The middle ear contains the three smallest bones in your body—the hammer, anvil and stirrup. These bones vibrate and pass the sound waves into the inner ear.

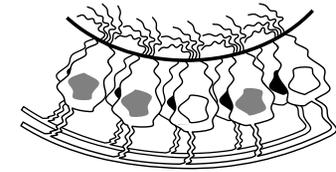


## INNER EAR

The inner ear contains fluid which moves because of the sound waves. Thousands of tiny hair cells respond to the vibrations in the fluid by passing information along the hearing nerve to the brain.



HEALTHY HAIR CELLS



DAMAGED HAIR CELLS

Damage to your hair cells caused by intense noise could be seen in your next audiogram when your hearing is checked.

Hearing problems in the outer and middle ears are usually medically treatable. However, there is no proven cure for noise-caused hearing loss in the inner ear.

Noise does **not** have to cause pain or bleeding to do damage.

**CAUTION**  
**HIGH INTENSITY NOISE**  
**HEARING PROTECTION**  
**REQUIRED**

## HEARING PROTECTORS

Earplugs and noise muffs are available at **no** charge to everyone who works in noise.

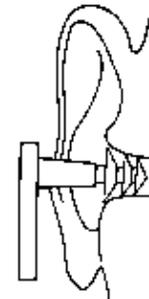
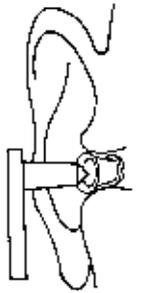
Make-shift protectors, such as cigarette filters, cotton or bullet casings do not protect you and they are not hygienic.

### EARPLUGS

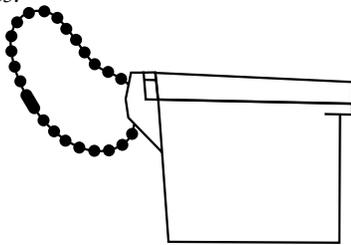
Earplugs need to be fitted by a medically trained person. They are available in various types and sizes and come with a seating device, which is part of the carrying case.

*Single-Flange earplugs are available in extra-small, small, medium, large and extra-large sizes.*

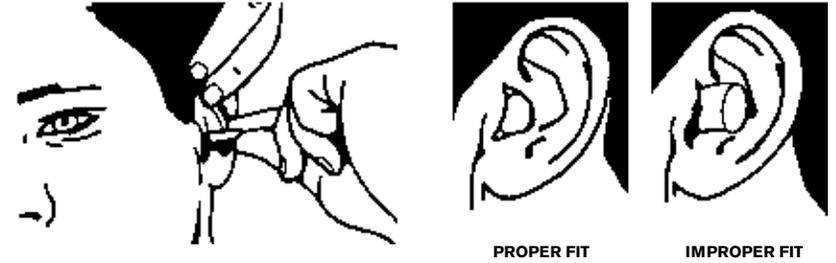
*Examples of a correct fit using the earplug seating device.*



*Triple-Flange earplugs are available in small, medium and large sizes.*



*Earplug Seating Device and Carrying Case*



*Foam earplugs come in one size and are semi-disposable.*

For a proper fit:

- Roll and compress the plug into a very thin cylinder.
- While compressed, quickly insert the plug well into the ear canal.
- Gently hold the plug in place until it expands to block noise.

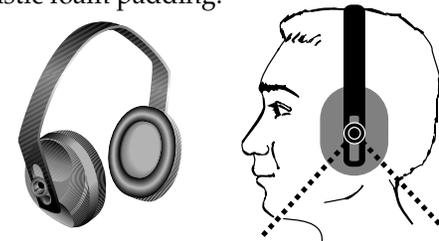
### Remember:

- Your voice will sound muffled or low-toned, as if in a barrel, when your earplugs are properly inserted.
- Adjusting to wearing earplugs may take a little time.
- You can be refitted with a different size and type.
- Keep all earplugs clean with soap and water and use them only when dry.

### NOISE MUFFS

When properly fitted, noise muffs form a seal around your ears.

For proper maintenance, replace hardened or torn earcup seals and degraded acoustic foam padding.



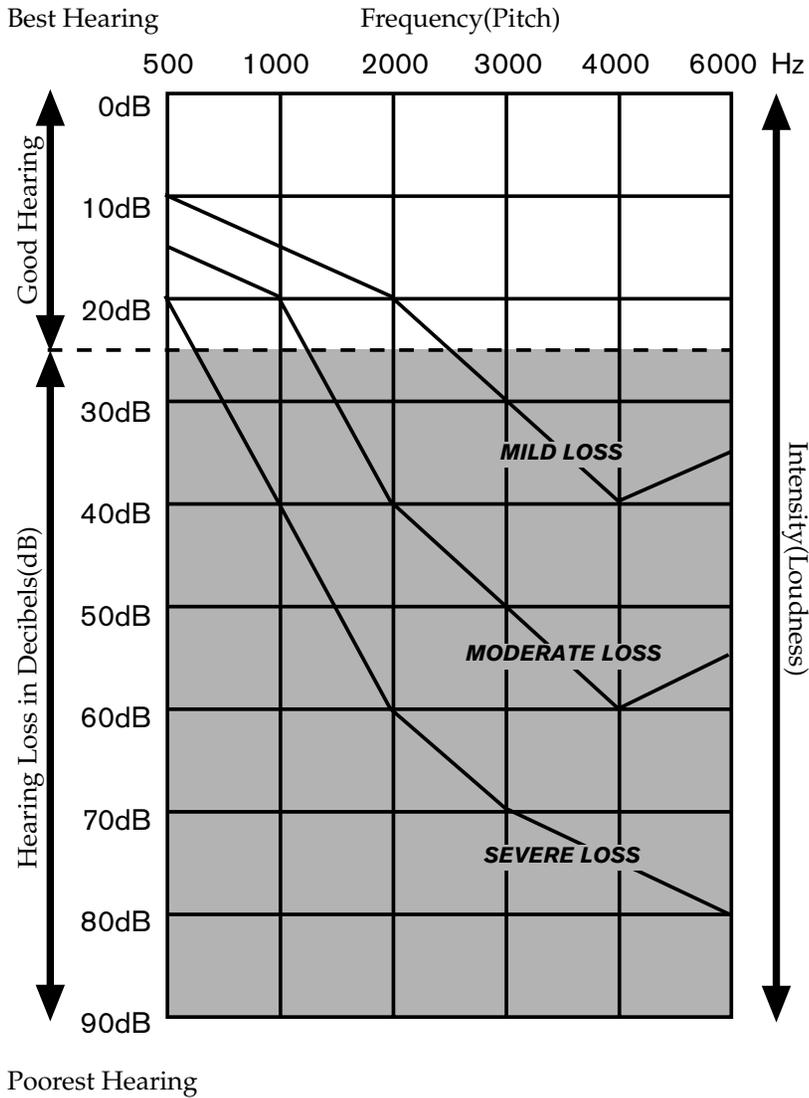
**REMEMBER, THE BEST HEARING PROTECTOR IS THE ONE THAT IS WORN!**

## HEARING TESTING

- All personnel who work in noise-hazardous areas need an annual hearing check.
- The first test serves as the reference from which any future change or shift in your hearing is measured.
- You will be notified for your annual hearing check. At that time, your hearing protective devices can also be checked and, if necessary, replaced.
- An audiogram is a picture of your hearing and reflects the softest tones you are able to hear at low, middle and high frequencies.
- When loud noise makes your hearing worse, damage usually occurs first in the higher frequencies. Then nearby frequencies are affected

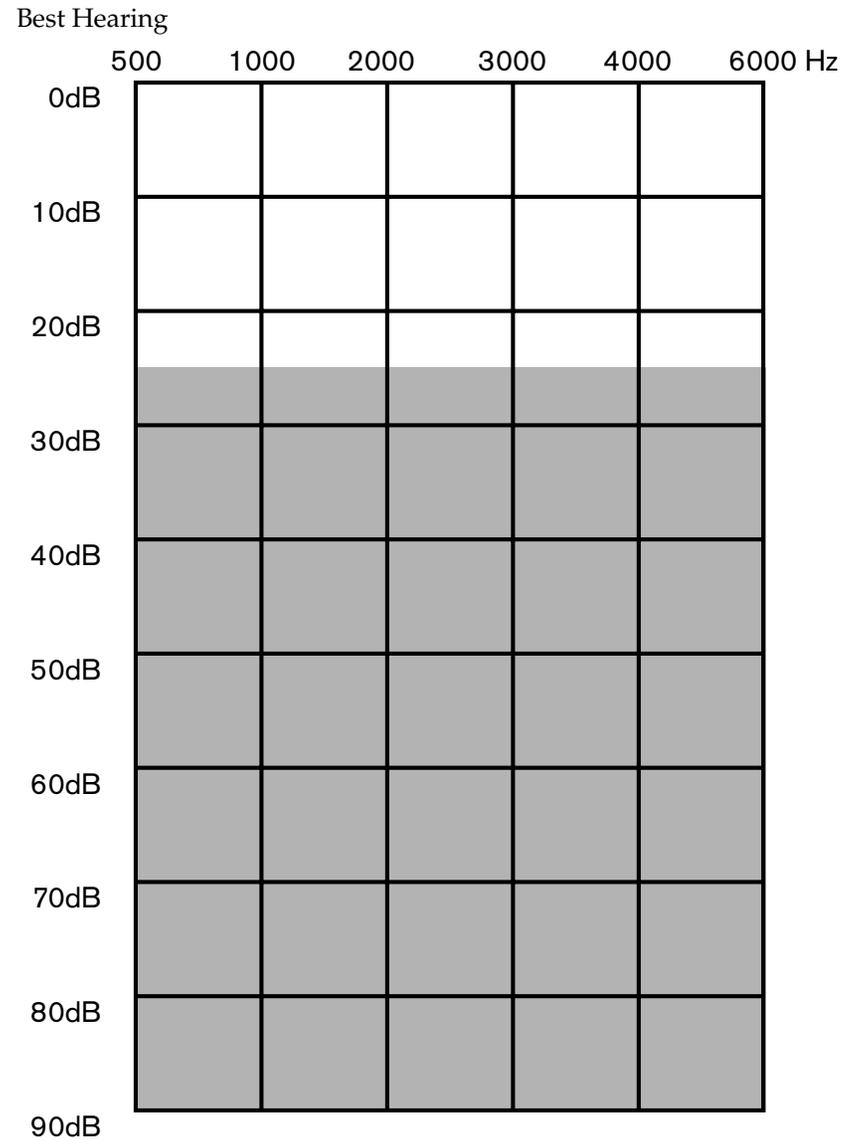


# AUDIOGRAM



# YOUR AUDIOGRAM

How Does Your Hearing Measure Up?



O- Right  
X- Left

Date of Test \_\_\_\_\_

## READINESS AND HEARING LOSS

*Why is protecting your hearing so important?*

- ▶ Hearing loss caused by loud noise becomes permanent and is not medically treatable.
- ▶ Impaired hearing can cause serious or fatal mistakes at work or in training and combat situations.
- ▶ Good hearing is critical to the success of the Army mission, both in offensive and defensive operations.

### Offensive & Defensive Operations

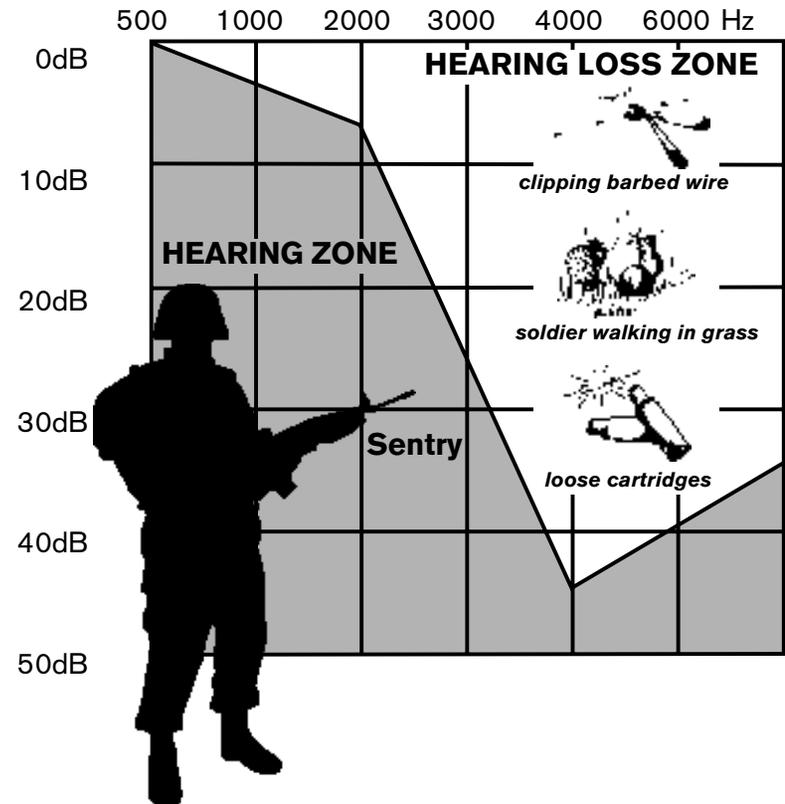
- ▶ Localizing snipers
- ▶ Locating patrol members
- ▶ Determining the position, number and type of friendly or enemy vehicles
- ▶ Determining types of booby traps
- ▶ Hearing the activation of perimeter alarms
- ▶ Hearing enemy movement through leaves, grass and twigs
- ▶ Determining enemy locations from the sounds of wildlife, loading of cartridges, safety locks and clipped barbed wire
- ▶ Aiding in small arms accuracy and weapons identification
- ▶ Hearing radio messages and verbal orders

### Remember:

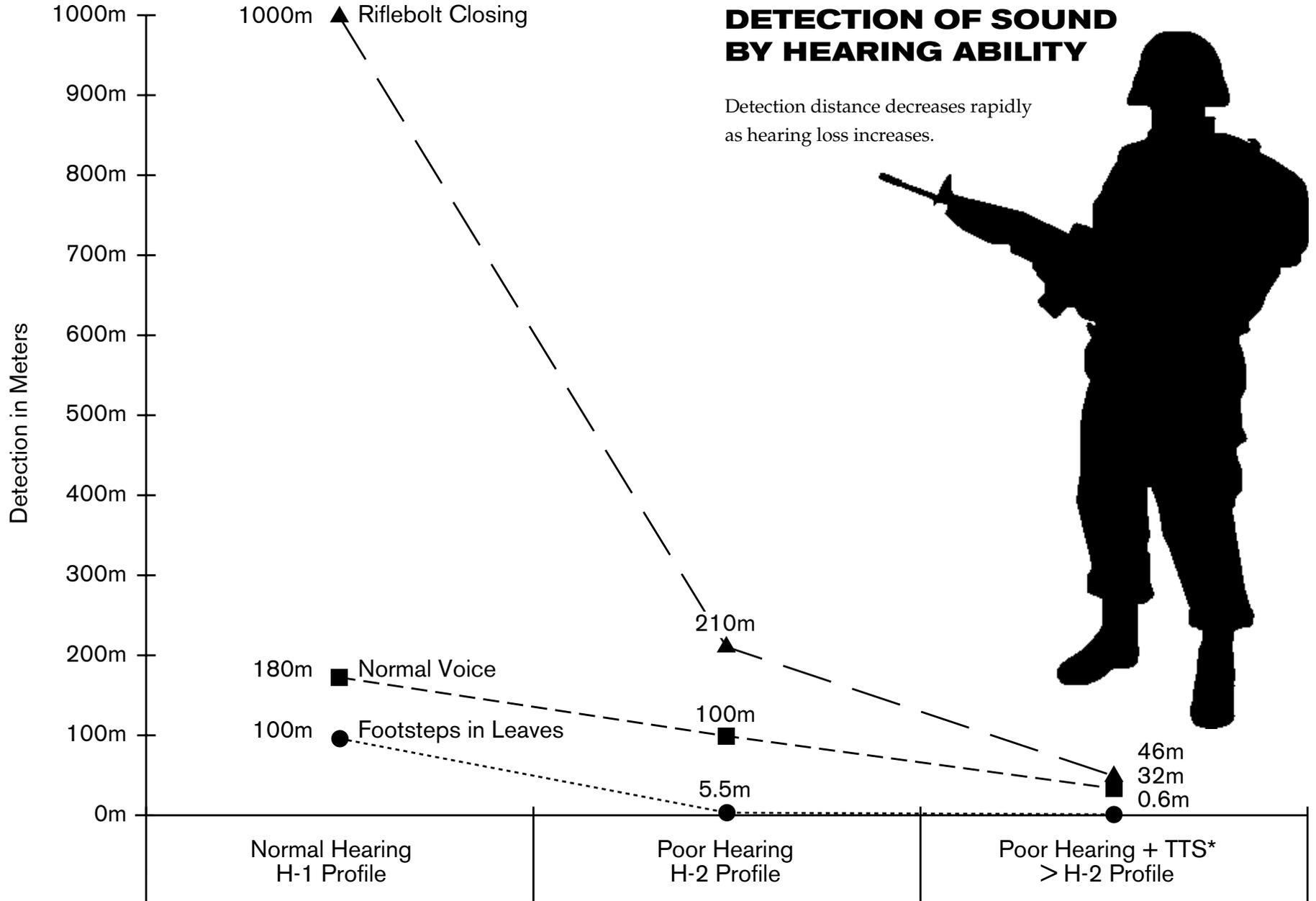
- ▶ Early signs of hearing loss include ringing in the ears and speech sounds that are muffled.
- ▶ Speech and other sounds have to be louder to be heard or understood.

*What does a soldier with a high frequency hearing loss miss in terms of readiness?*

*High-pitched combat sounds!*



**PRACTICALLY ALL NOISE-CAUSED HEARING LOSS OCCURS DURING WORK AND ROUTINE TRAINING EXERCISES!**



# HEALTH EDUCATION

- Each year you will receive additional training and information concerning your installation's hearing conservation program.
- You also have certain responsibilities as a participant in the hearing conservation program.
  1. Wear your hearing protection when in hazardous noise.
  2. Report for all scheduled hearing checks, including follow-ups, if required.
  3. Attend an annual health education briefing.
  4. Maintain the engineering noise controls that are in place for your safety.
- Know your **rights** as a participant in the hearing conservation program.
  1. You have the right to copy or access your hearing records.
  2. You have the freedom to choose the type of hearing protective equipment you wish to wear, unless a medical reason limits your choice.
  3. You have the right to copy or access the noise exposure data pertinent to your work site or duties.
  4. You have the right to make suggestions that might lead to quieter equipment or less noise exposure for individuals you work with.

Technical Guide 250

Local reproduction is authorized and encouraged.

US Army Center for Health Promotion and Preventive Medicine

Attn: MCHB-TS-CHC (Hearing Conservation Program Office)

5158 Blackhawk Road (Bldg E1570)

Aberdeen Proving Ground, MD 21010-5403

Phone: DSN 584-3797 or Commercial (410) 436-3797

Fax: DSN 584-1325 or Commercial (410) 436-1325

E-mail: [chppm-hcp@apg.amedd.army.mil](mailto:chppm-hcp@apg.amedd.army.mil)

Internet: <http://chppm-www.apgea.army.mil/dcpm/hcp/hcp.htm>